

Self-Exploration 7

Worship God Even When Suffering

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Most people find it easy to worship during good times. However, worship when you are suffering becomes a more significant challenge. When you are suffering and believe God has forgotten you, that's precisely when you should return to God. In Matthew 11:28 (NIV), the Bible says, "Come to me, all you who are weary and burdened, and I will give you rest."

Complete the following evaluation of your Heavenly progress by counting in your mind how many of the items below you currently engage in.

When I am suffering....

- ☐ I believe God prompts me to grow spiritually from suffering.
- ☐ I celebrate and worship God above all else in life.
- ☐ I surrender to God to mold me in Jesus' image.
- ☐ I feel comforted by God when I encounter barriers and challenges.

- ☐ I view pain and suffering as God's reminder that He is in control.
- ☐ In pain and suffering, I find ways to adore God.
- ☐ I revere God in all I do, say, and think.
- ☐ I will use my suffering to find new ways to serve God.
- ☐ I am attuned to additional ways I can grow spiritually.
- ☐ I use pain and suffering to develop my relationship with God further.

What Does My Total Mean?

The more items you check in your mind, the more you appear to live a life of Christian attitudes, beliefs, and choices.

Please see my book *Calculating the Essentials of Christian Life* for tips and journaling prompts on living a Christian life. You can think about them or write about them in your journal. You are doing great! Please keep up your excellent work.

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